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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the Name of Allah,
the Most Gracious, the Most Merciful*



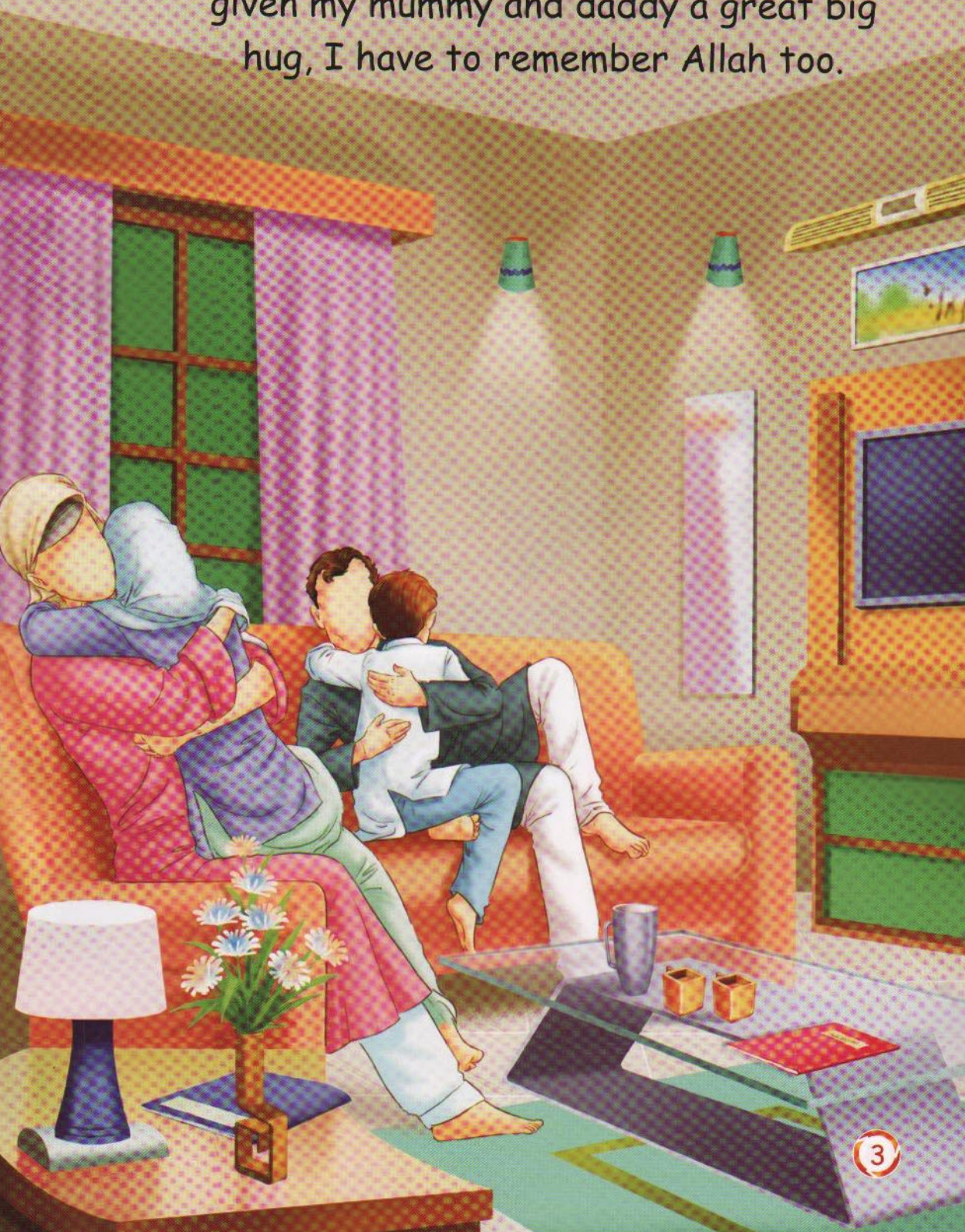
وَهُوَ الَّذِي جَعَلَ لَكُمُ
الَّيْلَ لِبَاسًا وَالنَّوْمَ سُبَاتًا
وَجَعَلَ النَّهَارَ نُشُورًا

الفرقان: ٤٧

And it is He Who makes the night a covering for you, and the sleep (as) a repose, and makes the day *Nushûr* (i.e. getting up and going about here and there for daily work, after one's sleep at night or like resurrection after one's death).

(Al-Furqân: 47)

When it is time for sleep and I have given my mummy and daddy a great big hug, I have to remember Allah too.



The Prophet Muhammad (pbuh) would read his Dua's when going to sleep. Do you know how he did this?



Do you know why we read these Dua's and Soorahs? We read them to protect us when we sleep, because when we sleep we do not know what is happening around us and these Dua's and Soorahs keep us protected from bad dreams, thoughts, and especially the Shaytaan.

